

P3

Every Monday at Ely Cafe

Free for all to pop in and talk with Jeni about housing related issues



**CAMBRIDGESHIRE
RECOVERY SERVICE**
LED BY THOSE IN RECOVERY

December Timetable

MON	TUE	WED	THU	FRI
10:00-13:00 Ely Recovery Café Countess Free Church P3: every week Homeless Support	11:00 - 12:00 Cambridge Intro to The Edge With Gail The Edge Cafe	13:30 - 15:30 Cambridge Garden Gate Recovery Café 351 Mill Road, Cambridge, CB1 3DF Access through the blue gate on Mill Road. 	10:00 - 13:00 March Recovery Café March Community Centre Breakfast & Chats	10:00 - 15:00 Huntingdon Free Flow Friday Café St Mary's Parish Hall 11:00 - 13:00 Creative Instinct 
10:00-13:00 St Neots Free Flow Monday Eaton Socon Community Centre 10:00 - 12:00 Cafe 12:00 - 13:00 Acupuncture	10:00 - 13:00 Wisbech Recovery Café St. Peter's Hall, PE13 1BW 	13:00- 14:00 Women's group ID: 723 551 1005 	12.30 -14.00 Cambridge EDGE Art Group The Edge Cafe	12:00 (6th Dec) Have Your Say 12:00 (remaining Fridays) Marks Games Hour Quiz, games and shenanigans 13:00 - 14:00 Auricular Acupuncture
12.00 - 13.00 Cambridge EDGE Recovery Support Group The Edge Cafe	13.00 -14.00 Huntingdon 60 + Group CGL Huntingdon	15:00-16:00 Friends & Family Mutual Aid Open Space ID: 723 551 1005 	18:30 - 19:30 Road to Recovery Recovery Group ID: 723 551 1005 	11:00-12:30 SMART Recovery ID: 723 551 1005 
13.30 - 15:00 Cambridge EDGY Womens Wellbeing The Edge Cafe Cafe space for women to chat	 XMAS PARTIES Mon 15th ELY Tues 16th WISBECH Wed 17th CAMBRIDGE Thurs 18th MARCH Fri 19th HUNTS Mon 22nd ST NEOTS	CHRISTMAS CLOSURES WED 24TH - WOMANS GROUP + F&F THURS 25TH - MARCH CAFE + ROAD TO RECOVERY FRI 26TH - HUNTS FFF + SMART RECOVERY THURS 1ST - MARCH CAFE + ROAD TO RECOVERY	14.15 - 15:45 Cambridge & Online EDGE Recovery Writing The EDGE Cafe 	11:00-12:30 SMART Recovery ID: 723 551 1005 
18:30 - 20:00 Cambridge Friends & Family The Edge Cafe		FESTIVE CREATIVE INSTINCT WEEKLY AT: HUNTINGDON, WISBECH & CAMBRIDGE Festive activities throughout December! OPEN ART SPACE - FREE TO JOIN. MATERIALS PROVIDED. WEEKLY SESSIONS. 		14.15 - 15:45 Cambridge & Online EDGE Recovery Writing The EDGE Cafe 
		For anyone in recovery — come create, connect, and express.		ID 892 5883 6870 Password: writing



Meetings with Change Grow Live logo are exclusively for CGL or CRS members and not open to the community at this time.

All EDGE Café groups and workshops are free of charge contact:
Gail@theedgecafe.cambridge.com
www.theedgecafe.cambridge.org

  @CambsRecovery

www.CambsRecoveryService.co.uk 

CRS@cgl.org.uk

What do our events look like?

Recovery cafes and Free Flow Groups – an open relaxed place to come and be social have a cup of coffee, check in and chat with the CRS team.

Women's / Men's Groups – A safe place for Women and Men to discuss a range of topics, week to week, helping to provide support and strategies to cope with feelings (open).

Friends and Family Groups – Support groups for Family and Friends of those in active addiction (open to Friends and Family members only).

Road to Recovery – “A peer-based group supporting those in recovery.”

Smart recovery – SMART Recovery helps participants decide whether they have a problem, builds up their motivation to change and offers a set of proven tools and techniques to support recovery.

Creative Instinct – Some of our recovery cafes (Cambridge/ Wisbech/ Huntingdon) host the Creative Instinct – a space to bring out your more creative side. You do not need to be an artist to enjoy the therapeutic value of being creative. Sometimes these are structured workshops and other times they are an open art spaces for you to work on your own art / craft projects.

Intro to the Edge – A chance to meet with Gail from The Edge Recovery Cafe to see everything The Edge has to offer and build your confidence in becoming part of an established recovery community.

Co-Pro – with Marie Ludlum from Changing Futures. Improving outcomes for people with multiple disadvantage.

Direct contact:

CRSecgl.org.uk



www.Facebook.com/CambsRecovery

Follow us on Facebook to keep up to date!



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